

# You Can Bike to Work!

*"You have nothing to lose but your chains..."*

**May 13, 10:30 - 11:30 am**

**Fitness Center Group Exercise Room,  
SSMC3, Level M2.**



**Tired of handing your  
paycheck over to the gas  
station?**

**Tired of sitting in traffic?**

**Tired of paying for parking?**

**Want to get in better shape?**

**Come learn how to combine your  
commute with your workout!**

**Veteran NOAA bike commuters will talk about Bike to Work  
Day, how to ride safely, equipment, SSMC bike facilities, and  
much more.**

For more information, contact the Bike Team co-chairs: David Bylsma ([david.bylsma@noaa.gov](mailto:david.bylsma@noaa.gov))  
or Tom Smerling ([tom.smerling@noaa.gov](mailto:tom.smerling@noaa.gov))

Sponsored by the NOAA Bike Team, part of NOAA's Green Team, dedicated to minimizing NOAA's energy footprint. We welcome all SSMC bike commuters, including VA, FAA et al. See [https://secure.seco.noaa.gov/ECS-Council/Green\\_Team/Bicyclist\\_subteam.html](https://secure.seco.noaa.gov/ECS-Council/Green_Team/Bicyclist_subteam.html)